

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE CITY

Monday, October 14, 2019 metro.us | t: MetroNewYork | f: Metro_NY



Director Barbara Miller talks to Metro about 'courageous women.' 16-17

HER STORIC

Simone Biles has become the most decorated world championship gymnast of all time with 25 medals. 4

Columbus Day and Indigenous Peoples' Day NYC events. 2

SAM TASTIC

Franchise QB returns under center after bout with mono, leads Jets to first win of 2019 in upset over Cowboys. 19



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Metro's Weather Report

METRO.US

MONDAY, OCTOBER 14, 2019

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
71° 51° 	64° 55° 	65° 50° 	59° 47° 	61° 49° 

Sunny



Sunny



Rain

Mostly sunny
and breezy

Sunny

What you need to know about Columbus Day and Indigenous Peoples' Day events in NYC

The Columbus Day Parade and beyond.

DEVIN GANNON
6sqft
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A three-day weekend is upon us as New Yorkers get ready to celebrate Columbus Day and Indigenous Peoples' Day on Monday, Oct. 14. Major events include the 75th annual Columbus Day parade on Fifth Avenue and the two-day Indigenous Peoples' Celebration of New York City on Randall's Island. Ahead, get the low-down on both holidays, including additional planned activities, how to get around, and street closure information.

Hosted by the Redhawk Native American Arts Council, the Indigenous Peoples' Day celebration takes place across two days, Sunday, Oct. 13 and Monday, Oct. 14. The festivities, now in their fifth year, bring together a group of 14 indigenous organizations to create awareness about the holiday, with which many seek to replace the federally-recognized Columbus Day.

At least eight states and 130 cities have legally changed the holiday to honor Native Americans instead of Christopher Columbus, who enslaved, colonized, and killed thousands of indigenous people.

The free celebration, taking place at Harlem River Field on Randall's Island, includes performances, speeches from indigenous performers, and a sunrise ceremony on Monday at 7 a.m. Other events to check out include storytime and language lessons about the holiday at the Brooklyn Children's Museum and hammock-making and performances at the National Museum of the



The Columbus Day Parade marching down Fifth Avenue.

PHOTO BY JAZZ GUY ON FLICKR



NYC Governor Andrew Cuomo.

GETTY IMAGES



NYC Mayor Bill de Blasio.

GETTY IMAGES

130

At least eight states and 130 cities have legally changed the holiday to honor Native Americans instead of Christopher Columbus, who enslaved, colonized, and killed thousands of indigenous people.

The Columbus Day Parade, the world's largest celebration of Italian-American culture according to the organizers, welcomes more than one million spectators each year. The Columbus Citizens Foundation says the parade "celebrates the spirit of exploration and courage that inspired Christopher Columbus's 1492 expedition to America and the important contributions of Italian-

Americans and other immigrants that followed."

The parade includes performances by professional musicians and high school bands, traditional centuries-old dancing and artfully-designed floats. The chairman of Ferragamo USA, Massimo Ferragamo, will be the grand marshal of the parade, which kicks off at 11:30 a.m. on Monday.

City, state and federal government offices are closed, which includes the post office. The libraries and the city's public schools will be closed on Monday.

Bus routes and some subway lines may be affected by the parade. Check out MTA's scheduled service changes for this weekend here.

This story was provided by 6sqft. Visit www.6sqft.com for more stories.



JNO

Street closures during the Columbus Day Parade on Monday, Oct. 14, according to the city's Department of Transportation, are as follows:

Formation:
43rd Street between Madison Avenue and 5th Avenue
44th Street between Madison Avenue and 6th Avenue
45th Street between Madison Avenue and 6th Avenue
46th Street between Madison Avenue and 6th Avenue
47th Street between Madison Avenue and 6th Avenue

Route:
5th Avenue between 72nd Street and 43rd Street

Dispersal:
5th Avenue between 72nd Street and 79th Street
72nd Street between 5th Avenue and Madison Avenue
73rd Street between 5th Avenue and Madison Avenue
74th Street between 5th Avenue and Park Avenue
75th Street between 5th Avenue and Park Avenue
76th Street between 5th Avenue and Park Avenue
77th Street between 5th Avenue and Park Avenue
78th Street between 5th Avenue and Park Avenue

Miscellaneous:
60th Street between 5th Avenue and 5th Avenue
62nd Street between 5th Avenue and 5th Avenue
63rd Street between 5th Avenue and 5th Avenue
64th Street between 5th Avenue and 5th Avenue
68th Street between Park Avenue and 5th Avenue
69th Street between Park Avenue and 5th Avenue
70th Street between Park Avenue and 5th Avenue

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Biles dazzles on floor to win record 25th world championship medal

Biles won another gold for breathtaking floor routine.

American Simone Biles became the most decorated gymnast in world championship history on Sunday when she won the beam and floor finals to take her career tally to 25 medals.

Soon after securing a convincing victory on the beam in Stuttgart to overtake Belarusian Vitaly Scherbo's record tally of 23 world medals, the 22-year-old Biles successfully defended her floor title to win medal number 25.

The four-time Olympic champion is now the owner of 19 gold medals across four championships against 12 for Scherbo, who competed in five world events between 1991 and 1996.

Making her final appearance of the week in front of a raucous crowd,



Biles wasted no time as she landed a superb triple-twisting double back flip — known as the Biles II — on her first pass.

Biles's double layout with a half turn — another skill named after her — put

her out of bounds for a 0.1 penalty but she did enough to post a winning score of 15.133.

"Honestly, I just couldn't move. I was so tired," Biles said of her final pose on the stage.

"This is really the best worlds performance I have ever put out."

The Americans took a one-two finish as Sunisa Lee finished with 14.133 for the silver medal, while Russian Angelina Melnikova came third.

Earlier, Biles delivered a polished routine on the beam before a full twisting double tuck dismount for an impressive 15.066.

Although Biles had twice before won the world beam title, in 2014 and 2015, it has not always been plain sailing for her on the apparatus.

Her slip on the landing of a front tucked somersault at the 2016 Rio Olympics meant she had to settle for a bronze in the event. Last year again, she dropped off the beam during the women's all-around final at the world championships.

But she has regained her swagger this week,

under the watchful eyes of balance beam coach Cecile Landi, and posted top scores in all four attempts — qualifying, the team and all-around finals and Sunday's apparatus final.

"This is really the best worlds performance I have ever put out."

Simone Biles

good and I knew she was really proud."

As another title-winning score was announced in the arena, Biles punched the air in jubilation before joining celebrations with the U.S. team.

"I was really excited," she added. "I thought it was going to be at least 14.8, 14.9, but to see 15, I was like well that's pretty crazy, so we were very proud."

Last year's winner Liu Tingting of China took silver with 14.433, while team mate Li Shijia won the bronze.

Biles finished her campaign in Stuttgart with five gold medals from six events to mark ideal preparations for next year's Tokyo Olympics.

Her barnstorming run included a record fifth all-around gold, an individual vault title, as well as helping the U.S. to a fifth straight world team title. REUTERS

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NY becomes the first state to require ingredient labels on menstrual products

Governor Cuomo signed the bill requiring ingredient labels on menstrual products on the Day Of The Girl.


BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

On Friday, New York announced that it will now require all menstrual products to disclose ingredients.

New York is the first state in the United States to do this. Governor Cuomo said in a press release that, "It's part of the pervasive culture of inequality in our society that has gone on for too long, and that injustice ends today as we become the first state in the nation to mandate ingredient disclosure and empower women to make their own decisions about what goes into their bodies.

Cuomo added, "This builds on the reproductive health protections that New York has safeguarded for women and girls across our state, and we are proud to lead the nation by advancing these critically important new protections."

Governor Cuomo signed the bill into action, requiring ingredient labels on menstrual products, on the International Day Of The Girl. The leg-

isolation will go into effect 180 days from now, giving manufacturers an ample amount of time to develop new packaging and design the labels.

Menstrual products used across the United States are often sold without disclosing any information about what exactly is inside the item. It is possible that some menstrual products can contain allergenic chemicals and sometimes toxic chemicals. These chemicals can cause some health concerns.

"This builds on the reproductive health protections that New York has safeguarded for women and girls across our state, and we are proud to lead the nation by advancing these critically important new protections."

Governor Cuomo

New York hopes by doing this, they are helping women make more informed choices when it comes to choosing a menstrual product. New York also hopes this bill will help advance period equity and help raise awareness about periods, ensuring all products are safe and menstrual hygiene products are accessible.

Assembly Member

Rosenthal added, "This first-in-the-nation disclosure law firmly establishes New York as a national leader on menstrual equity. Menstrual product ingredient disclosure is a vital consumer empowerment tool and will hold menstrual product manufacturers to the highest level of accountability. It is my hope that more states follow suit."



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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for:
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 - o Vision/Hearing-disabled applicants (2%)
- Preference for a percentage of units goes to:
 - o Residents of **Brooklyn Community Board 5** (50%)
 - o Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	40% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴	40% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴
1 Bedroom	\$590	2		1 person	\$22,800 - \$29,880	\$780	2		1 person	\$28,938 - \$37,350
				2 people	\$22,800 - \$34,160				2 people	\$28,938 - \$42,700
				3 people	\$22,800 - \$38,440				3 people	\$28,938 - \$48,050
2 Bedroom	\$718	2		2 people	\$27,326 - \$34,160	\$933	2		2 people	\$34,698 - \$42,700
				3 people	\$27,326 - \$38,440				3 people	\$34,698 - \$48,050
				4 people	\$27,326 - \$42,680				4 people	\$34,698 - \$53,350
				5 people	\$27,326 - \$48,120				5 people	\$34,698 - \$57,650
Unit Size	40% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴					
1 Bedroom	\$1,043	17		1 person	\$38,332 - \$44,820					
				2 people	\$38,332 - \$51,240					
				3 people	\$38,332 - \$57,660					
2 Bedroom	\$1,262	14		2 people	\$45,978 - \$51,240					
				3 people	\$45,978 - \$57,660					
				4 people	\$45,978 - \$64,020					
				5 people	\$45,978 - \$69,180					
				3 people	\$53,075 - \$57,660					
3 Bedroom	\$1,449	2		4 people	\$53,075 - \$64,020					
				5 people	\$53,075 - \$69,180					
				6 people	\$53,075 - \$74,280					
				7 people	\$53,075 - \$79,440					

¹ Rent includes heating and hot water. Tenants are responsible for electric, including electric stove.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When Is the Deadline?

Applications must be postmarked or submitted online no later than December 3, 2019. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applicants are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility.

Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 3 de diciembre 2019.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版, 请将您的回邮信封寄送至: **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**, 信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请 2019 年 12 月 3。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 3 декабря 2019.

한국어

nyc.gov/housingconnect에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**으로 보내주십시오. 봉투 뒷면에 “KOREAN”이라고 영어로 적어주십시오. 2019년 12월 3일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adres pou retounen li nan: **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat desanm 3, 2019.

العربية

تقد بطلب عن طريق الانترنت على الموقع الالكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقى، أرسل مظروف يحمل اسم وعنوانك إلى: **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الانترنت أو ختمها بختم البريد قبل 3 ديسمبر 2019.

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NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

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But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

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And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

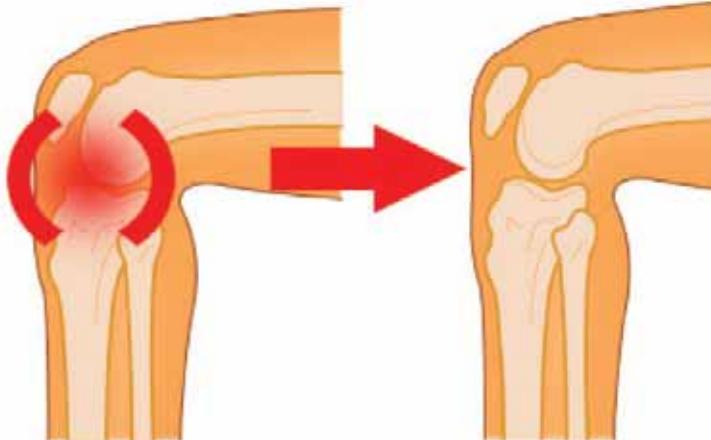
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments without good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.

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Four killed and three wounded in shooting at illegal gambling club in Brooklyn

Violence erupted after a deadly game of dice in Crown Heights.

HAZEL SHAHGHOLI
Hazel.Shaghholi@metro.us

Firearms and illegal gambling proved to be a lethal mix in Brooklyn's Crown Heights on Saturday morning, as four were killed and three injured in a dispute police believe was initiated by a claim of cheating in an after-hours dice game.

The violence erupted on Utica Avenue at around 6:55 a.m. after a game of Cee-lo — a luck-based Chinese dice game — proved deadly in the unlicensed venue. According to Reuters, police believe around 15 shots were fired in the first-floor apartment where police found



Police cordon off crime scene around the apartment/gambling den. REUTERS

evidence of gambling activity. Terence Bishop, 36, John Thomas, 32, Chester Goode, 37, and the venue's armed security guard Dominick Wimbush, 47, were killed. A woman and two men suffered injuries that are not believed to be life-threatening.

No arrests have yet been made but police did recover two guns from

the scene. According to The NY Post, the violence was allegedly sparked by Goode firing his weapon into the air after believing himself to have been cheated by a fellow gambler. The NYPD has upped its presence in the Crown Heights area in recent months after a summer filled with gang-related shootings.

Lyft follows Uber in suing NYC over cruising time caps



The rule, along with several others introduced last year, is aimed at reducing congestion in Manhattan, where ride-share vehicles make up close to a third of peak time traffic, according to the TLC.

Uber contested the rule in September along with another rule banning issuance of new licenses to for-hire vehicles through August 2020.

Uber and Lyft disconnected drivers from their apps at times of slow demand this year in an effort to comply with the city regulation.

Both companies oppose the new rules, saying they will prevent drivers from earning money and deprive low-income New Yorkers of ride services in remote areas where regular taxis do not travel frequently. The city rejects that claim. REUTERS

Lyft Inc, following its rival Uber's move, has sued New York City seeking to nullify a new rule limiting the time its drivers are allowed to spend cruising in Manhattan without passengers, the company said on Saturday.

The lawsuit, filed by the San Francisco-based ride-hail company on Friday, argues that the cruising rule is arbitrary and threatens to shift business away from ride-hailing companies like Lyft in favor of taxis.

"This rule is not a serious attempt to address congestion, and would hurt riders and drivers in New York," Lyft spokesman Campbell Matthews said in a statement to Reuters.

The "cruising cap" rule, implemented by the city's Taxi and Limousine Commission (TLC), sets a 31% limit on how much

time drivers of app-based vehicles may drive without passengers in Manhattan south of 96th Street, meaning they would have to have fares at least 69% of driving time.

"We will vigorously defend against this suit, and we will continue to fight for safer, less congested streets and for drivers' rights," TLC spokesman Allan Fromberg said in a statement, but mentioned that the agency has not been served with the suit yet. REUTERS



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4					1			
			1	9		4	3	
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MEDIUM

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HARD

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1			7				8	

READER WRITE-INS:

WHAT'S THE DEAL WITH NOISE POLLUTION ON BUSES?

I can't be alone in this. I ride NYC buses regularly, especially in Brooklyn. I really don't need to hear "doors opening" and "doors closing" - it's obvious. I don't need to constantly be reminded to say something if I see something, or that punching out the driver is a felony. Can we please stop the electronic "Please exit through the rear door" every time someone presses the door open button - if I'm in the front, does the MTA really expect me to climb over 20 people to get to the rear door? Now, the new buses - for every single stop - say this stop is whatever it is, and then, seconds later, say this stop is whatever it is. These are local buses, so people know where they are going. MTA, will you please stop the noise pollution? The large electronic signs are enough! Please don't make me wear headphones.

— Anonymous, Metro New York reader



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Aries A roadblock will occur if you are vocal about your plans. Feel out situations before you reveal your ideas. A change will leave you questioning your next move.



Taurus Your plans are likely to change unexpectedly. Be prepared to go with the flow and to take care of business as usual. Turn instability into opportunity.



Gemini Hidden matters will be revealed. Before you get involved in someone else's affairs, make sure you haven't got anything to hide. A relationship will be on shaky ground.



Cancer Don't fear change when it's being left behind that you should be worrying about. Align yourself with people who are progressive and ready to make a difference. A friendship will lead to new beginnings.



Leo Stick to what's tried and true. Tread lightly around the people you deal with daily. It's best to be a good listener if you want to get the lowdown and stay in control.



Virgo Learn all you can. The information you gather will encourage you to pick up new skills that will help you explore alternative ways to earn a living.



Libra Consider what you want to do next. Be open to suggestions, but don't lose sight of your long-term goal. Set priorities and put your plans in motion.



Scorpio Make your move before someone tries to intervene. Staying one step ahead of anyone who tries to challenge you will help you to gain support and respect and to form a notable partnership.



Sagittarius Stay on top of your responsibilities to avoid falling behind or being criticized. Don't ignore a detail that could influence the outcome of a situation you face. Set goals and boundaries.



Capricorn Set standards, embrace change and put your best foot forward. Home and professional progress can be made if you aren't afraid to take a chance on someone or something new.



Aquarius Consider what needs to be done, and don't stop until you are satisfied that you have eliminated a pending legal, financial or medical issue.



Pisces Good fortune is heading your way. Don't miss out on a chance to grow your assets because you are too busy dealing with other people's requests. Initiate a personal upgrade. EUGENIA LAST

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

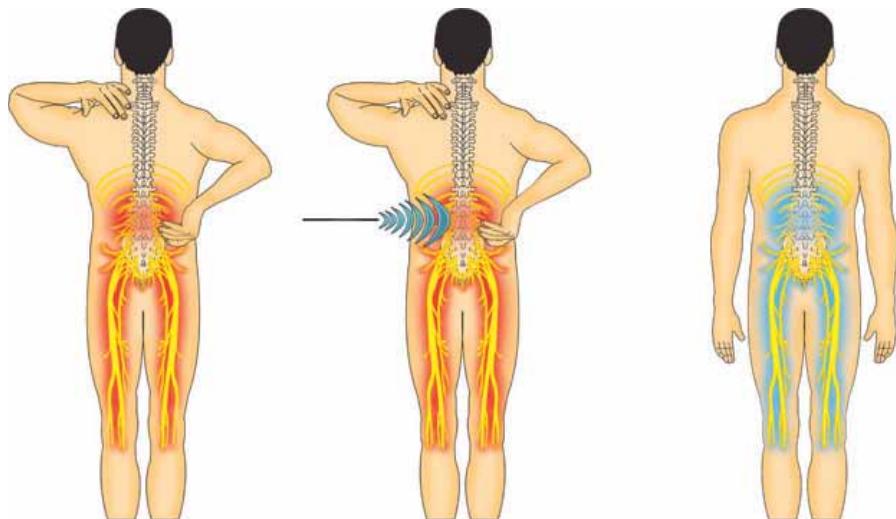
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgeon-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the **NYC Pain MD** treatments can be done in out in-office procedure suites saving you stress, time and dollars. **NYC Pain MD** believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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LIFESTYLE



MATTHEW MURPHY

Watching, Listening, Growing at “Slave Play”

We caught the inventive play now running through January 19.

CARRIE ADAMS
letters@metro.us

Jeremy O. Harris's “Slave Play,” directed by Robert O'Hara and now running on Broadway at the John Golden Theatre, is surprising, risky, joyous, difficult theatre. It is fantastic. It's challenging to talk about the play without giving its premise away, but I will say it is a show about sex, race, slavery, and the Black experience in the United States. It is a non-negotiable must see.

The show opened at the New York Theater Workshop last fall (when Harris was still a Yale MFA student and O'Hara his professor) to critical acclaim. It opened at the Golden on Sunday, the Broadway debut of Harris, O'Hara and several cast members, and has already extended its run through January 19th. The production must close on the 19th, so I implore you to see this show

while it takes up well-earned and fully deserved space on Broadway, a space usually reserved for less provocative and boundary-pushing pieces.

“Slave Play” examines who is silent and who makes noise and the layers and centuries of history that contribute to this phenomenon. It opens with...the audience. Sort of. The set, designed by Clint Ramos (*Once on This Island*), is a simple green floor and a rear wall of mirrors. We as are forced to look at our awkward selves filing into the theatre, finding our seats, excusing ourselves as we navigate a space in which New Yorkers are forced (albeit briefly) to acknowledge each other.

And then, once we settle into our seats, we are struck once again with the sight of ourselves. Suddenly, the audience is on view to the audience. You're not allowed to mess around if people are watching you watch the play, and that is good because this is a show about listening. It is absolutely essential that the audience pays attention to these characters and their stories and experi-

ences, particularly since Broadway audiences are historically white and old, and the bodies and stories onstage are young, black, and, during the course of the show, ignored. By forcing our minds to choose between gazing at ourselves and watching others, we must choose to turn away from ourselves to see others. It could not have been more effective.

In addition to the mirrors, the stage is decorated with screens depicting trees, jungle, a lush forest. Is this flora representative of the Garden of Eden before the fall of man? The jungles of Africa? The impossible to navigate jungle of the mind? There's no time to process, as this play is performed without an intermission. You must take in all two hours of the show without a break, without the chance to unsilence your phone and check your texts and revert back to the comfort of the world you know. It drags slightly in the middle, but the final scene left me stunned. Harris and O'Hara don't relent, and audience members are not given respite from

the difficult issues the show brings up, even as the show features many of the funniest moments I've seen on Broadway. The show begins with three “couples” in Antebellum America: a black female slave (played by Joaquina Kalukango) and her white overseer (Paul Alexander Nolan), a plantation owner's wife (Annie McNamara) and her “mulatto” servant (Sullivan Jones), and a white indentured servant (James Cusati-Moyer) and his black overseer (Ato Blankson-Wood). Something...is slightly off. Kalukango's character Kaneisha hears Rihanna's 2016 “Work” over...a radio? It's unclear to both her and us, but she immediately begins twerking. Anachronistic details such as Calvin Klein underwear (costume design by Dede Ayita) and dildos work their way into the vignettes, accents seem to slip occasionally, actors appear to step in and out of character, and as a viewer, I was confused. But stick around, because it all begins to come together. Trust me when I say O'Hara's direction makes no mis-

steps, and anything that seems out of place is very much placed there. The play features a big, surprising reveal, where the show and the work of dismantling white supremacy really begin, but I refuse to spoil it. All I can say is I urge you to pay attention to the twists and turns as they occur. And if you're confused at first, it's okay.

The acting is fantastic. Philip, played by the charming Sullivan Jones, is hot. And that's, like, a thing in the show, not just my unsolicited appreciation of the male form. He's also very funny and very good at acting. Annie McNamara plays Alana, a spot-on ball of anxious energy and a perfect example of one of those white women who equates the oppression of white women to that of racial oppression. Speaking as a white woman, being a woman sucks sometimes! But if your feminism isn't intersectional, it's incomplete. (Ok, rant over.) McNamara is excellent in the role, trying so hard to get it right but failing so profoundly over and over again. Joaquina

Kalukango plays Kaneisha, a character difficult to get a grasp of as she bubbles away internally throughout the show until she just. Can't. Take. It. Any. Longer. And. Explodes. She's magnificent, and her performance in the final scene is entrancing and heartbreaking. Chalia La Tour and Irene Sofia Lucio appear later in the show; pay attention to the dynamics between the two women and to La Tour's growing, fuming frustration throughout.

As a white audience member of the show who considers herself to be socially/politically/racially aware, I left the show feeling troubled about my privilege. What an effective piece of theatre that forces audiences to look at themselves (both literally during the show and internally after it) and really consider their inability to see and hear the marginalized voices around them. The show asks that we listen. It doesn't ask us to stand and clap after, but a standing ovation was unavoidable for such an unexpected and moving piece of theatre.

Mark Mulcahy on his compassionate album 'The Gus'

The singer-songwriter plays Brooklyn Friday.



PAT KING
patrick.king@metro.us

Mark Mulcahy may have released one of the most meaningful political records of the year with his new album "The Gus"—not by presenting any answers or sloganizing, but by simply writing with the qualities of someone who actually listens to what his neighbors have to say instead of casting them aside.

In many ways, "The Gus" is a very different record than the one-time Miracle Legion and Polaris frontman has made in the past. Inspired by the writing of George Saunders, he decided to narrow his focus on smaller details of specific characters and their everyday lives. The recording process was also something he wished to change up from his usual routine, with a revolving cast of musicians from song-to-song, including J. Mascis of Dinosaur Jr. showing up here and there.

"Typically, I would make a record to make a statement or to document where I am at that minute," says Mulcahy, over the phone. "It's 19 whatever, or 20 whatever and here it is. For this record, I worked a little harder than I normally do, I suppose."

Much like his last record, his 2017 opus, "The Possum in the Driveway," Mulcahy has delivered an album that takes on a focused and emotional arc in lieu of simply a collection of fleshed-out singles. The characters he outlines in "The Gus" represent everyday Americans acting out of desperation given their unfortunate circumstances. As a poignant and sympathetic writer, these character studies by Mulcahy show an understanding that this kind of desperation should not be confused with bad intentions. Maybe robbing a store will get you out



KEN MAIRU

of your dead-end town? Maybe voting for someone based on their promises will help shine a spotlight on a state that most people only fly over? There is a reason for the decisions people make, even if they end up doing more harm than good.

"I think most people are happy to disagree," says Mulcahy on the political approach of the new record. "I think it's just one end or the other that can't let anything go. In terms of writing about things, generally, I have a lot of songs about desperate people who you wouldn't necessarily think

about shuffle and how people are not qualified to decide the order. Because I really put a lot of time into all of that stuff. I put a lot of time into Side A and Side B. It's a struggle to figure everything out and make the best order you can. I would not want to give that up but at the same time, this is the world.... One of the things that bugs me the most is when they play 'We Are the Champions' [by Queen on 'News of the World'] and they don't play that little bit after. If that doesn't come on, I'm stuck."

The opening track on the album, "Wicked World," ranks up with Mulcahy's most emotionally affecting songs and perhaps one of the most powerful opening tracks on an album you are bound to hear this year. It's the kind of tearjerker only Mulcahy can really write. With Rainn Phoenix taking the second verse of the song and adding harmonies with Mulcahy, it hits you when you aren't looking and lays you to bed when you lose consciousness. I ask Mulcahy if he aims for the heartstrings with songs like this one, or if he surprises himself in the process.

"I don't really try. I came up, the album is what I know," he explains. "Once I was having drinks with David Thomas of Pere Ubu, and he made this great speech about how the album was an art form. We were talk-

ing about the way I came up, the album is what I know," he explains. "Once I was having drinks with David Thomas of Pere Ubu, and he made this great speech about how the album was an art form. We were talk-



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'I was looking for courageous women who broke the taboo of silence'

Director Barbara Miller talks powerful new documentary "#FEMALE PLEASURE"



MOLLY GIVEN
Molly.Given@metro.us

"In a world driven by sex, it's surprising the lack of clarity there is when it comes to female pleasure."

If that opening line made you uncomfortable, that is part of the problem.

In Barbara Miller's new documentary "#FEMALE PLEASURE" the taboo nature of talking about a woman's sexuality is explored through the eyes of five fiercely brave women who have each gone through their own trials and tribulations in regards to sex.

Miller sat down with Metro to elaborate on her inspiration for directing the powerful new film and talk about what she hopes "#FEMALE PLEASURE" will ignite in society.

What first inspired you to work on and direct "#FEMALE PLEASURE?"

Working as a film director all over the world, I was always wondering how women today, in the 21st century, really feel and why it's still a huge taboo when it comes to their most intimate relationships: with themselves as women, with their own bodies and with their sexuality. For most women worldwide, sexuality still today is an obligation and not a choice or pleasure — and that's a real disaster. Searching for the reasons and roots of the discrimination



"#FEMALE PLEASURE" hits theaters Oct. 18. GETTY

against women and their sexuality, I discovered that [with] all five major world religions or world cultures, the boundaries blur more and more and demonize the female

body. Women and their bodies are blamed as sinful, shameful, unworthy and as the source of all bad things that are happening in the world. These two things were

the starting point for this difficult and adventurous journey to realize "#FEMALE PLEASURE."

How did you decide on/choose the women who

are featured in the film?
Realizing that all five major world religions are demonizing the female body and female sexuality, I decided to search for one woman

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from each religion. I was looking for courageous women who broke the taboo of silence and dare to talk about female sexuality. It was important to me that these women already did the first step into the public so that they were really aware of the danger and the harsh reactions their actions could cause. That's how I came across "Unorthodox"-bestselling author Deborah Feldman, founder of the first Indian sexual-education website Vithika Yadav, Somali anti-FGM activist Leyla Hussein, former nun Doris Wagner and vagina-artist Rokudenashiko from Japan.

All of the women are truly breaking the silence on normally-deemed "taboo" topics — why do you think there is still such a stigma in regards to talking about women's sex life, pleasure, etc.?

Leyla Hussein, one of the protagonists of "#FEMALE PLEASURE," talks about the choir of fake orgasms moaning around the world. For me, that's a strong symbol. For

centuries women have been told that because of their sinful bodies, they are worthless, they don't count and they [cannot] comply. Women still carry these ideas deep down in their veins, and a lot of men think that too. You have to be more beautiful, more perfect, nicer, kinder, more willing — then you are going to be accepted and recognized. The booming beauty industry is a strong sign of it. As a consequence, women also don't dare say in bed what they really want, what they like and what their needs are.

What were some of the most shocking bits of information you learned while filming?

Even though the film shows that major world religions have preached for thousands of years the same demonization of the female body, it's not a film about religion. "#FEMALE PLEASURE" shows the patriarchal structures and the mechanism of power that lay behind it. The misuse of religion and tradition to discriminate against half

of the world's population is the real problem. It still plays a strong role in today's societies. In Japan, for example, Rokudenashiko [was arrested] for her funny, joyful vagina-art in a country where huge penises are carried through the streets for fertility celebrations.

Was there any pushback or negative feedback from either the communities you visited or anywhere else while working on "#Female Pleasure?"

It was very difficult to shoot the scene where Vithika Yadav our Indian activist, talks to a fundamentalist guru. He was open to talk, but after a while, his followers built a circle around us and at one point we had to hurry away out of fear of being beaten up. Also in New York, in the Hassidic community, the tension was tangible. Just a week before my camerawoman and I came for shooting some impressions, a camera team was attacked — their camera and all the material was destroyed.

Overall what do you hope audiences take away from the film?

I hope that through "#FEMALE PLEASURE" we realize that in our modern societies—like in the US, in Europe and all other "secular" societies—these old mechanisms are still vivid and active. That's how we can start changing them finally. The five women are incredible positive examples, even though they went through very difficult experiences in their lives. They don't want to be seen as victims but as activists, as strong women who are fighting for a change, with high spirits and positive energy. They are real role models and it's overwhelming to experience women all over the world rise to claim their rights. It's needed to involve men in this fight, like the protagonists in the film do. It's essential that men stand up for women and equality. Because only together, side by side, we can finally change things once and for all.

"#FEMALE PLEASURE" hits theaters Oct. 18

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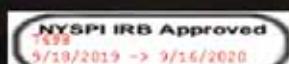
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EDUCATION

Thanks to Greta Thunberg, neurodivergence, with all its prejudices, is back on the table.

LUZ LANCHEROS
MWN
letters@metro.us

Environmental activist Greta Thunberg has generated multiple and passionate reactions due to her statements and actions while in the United States. But one of the most predictable (due to its lowness, of course), was emphasizing that due to her Asperger syndrome, she was not in her right mind.

Thunberg sharply answered, "When those who hate persecute you for your appearance and differences, it

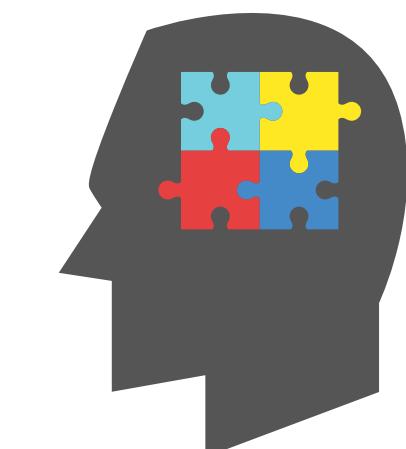
Asperger: the power is in the difference

means they have lost their way and then you know you are winning! I have Asperger and that means that sometimes I am a little different from the norm. And, in certain circumstances, being different is a superpower," she explained on Twitter.

She also had to say that she does not hide behind it, but, as her haters showed, it still is seen as a disease. This generated a viral campaign with the hashtag #aspiepower, where it is demonstrated that having this diagnosis is not a limitation and that this gift (she was diagnosed with Asperger syndrome at 12) has allowed her to be decisive in her fight against climate change.

What is Asperger syndrome?

"The term Asperger's Syndrome entered the Psychiatry Bible (Diagnostic and Statistical Manual of Mental Ill-



ISTOCK

nesses, DSM-5) in 1994 and was essentially characterized by describing a deterioration in communication and qualitative social interaction, along with behaviors that were rigid, repetitive, ritual and routine. People with the syndrome do not show a delay in speech and language

but some do acquire intonations and strange tones," explains Elaine Nicholson, chief and consultant to London based Action for Asperger's Registered Charity, to Metro.

However, there are heterogeneous conditions within this same spectrum. It is also de-

fined as a behavioral disorder that prevents communicating and socializing correctly, according to its primary diagnosis and this includes the expression of emotions and with others. Some people with the syndrome also stand out for having some higher than average skills and having specific interests that dominate early. The treatment is psychological and the person with this syndrome is taught to improve their communication and socialization skills.

Today, many of those diagnosed can develop a professional career. Asperger's is far from being a disabling disease and that is what several foundations and organizations try to prove, especially in a culture that stigmatizes neurodivergence.

"There are many beliefs that people with Asperger are all like 'Rain Man,' that they

are isolated or that they educate themselves at home, that they are victims. Or that they are all super smart, like Steve Jobs and Bill Gates. But over the years, we have seen that not a single autistic individual is equal to another. They are not a homogeneous group and a category does not fit all. As in the neurologically typical population, the autistic community, of which current statistics represent 1% of the world's population, is a heterogeneous group that deserves to be understood by those with whom they have to connect through their lives: educators, employers, siblings and partners. Worldwide autism awareness is key to their future happiness," explains Elaine Nicholson to Metro. "Now, someone with Asperger will never tell you that he has a disorder," she says. "He will tell you that that is his identity."

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The veteran righty put together a gem in Game 1 of the ALCS against the Astros.

 JOE PANTORNO
joseph.pantorno@metro.us

Heading into the ALCS, there were some understandable concerns with the Yankees starting Masahiro Tanaka in Game 1.

Within a hostile environment at Minute Maid Park in Houston against the Astros — who led Major League Baseball with 107 wins in 2019 — Tanaka was anything but a reliable pitcher on the road this season.

In 16 outings (15 starts), the 30-year-old was 3-6 with a 6.05 ERA and a 1.416 ERA.

At surface level, that was a recipe for disaster against an Astros team that boasts one of the deepest lineups in base-

Tanaka becoming one of greatest playoff pitchers we've ever seen



Masahiro Tanaka added to his impressive playoff resume with a gem in Game 1 of the ALCS on Saturday. GETTY IMAGES

ball, ranging from Jose Altuve to George Springer, to Carlos Correa, to AL MVP contender Alex Bregman.

What plenty of us forgot to realize — which now continues to become more obvious following Saturday night's Game 1 7-0 Yankees victory — is that Masahiro

Tanaka is becoming one of the greatest postseason pitchers in MLB history.

Tanaka was masterful in Game 1, allowing just a single hit in six innings of work while facing the minimum against that loaded Astros lineup.

It took him just 68 pitches to get through

those 18 outs before manager Aaron Boone opted to lift him for a bullpen that allowed just two hits in the final three innings. He became the first pitcher since Greg Maddux in the 2002 NLDS to throw 68 or fewer pitches over six full innings in a postseason start.

His untouchable stuff gave the Yankees offense plenty of time to figure out Zack Greinke, as Gleyber Torres got the Bronx Bombers on the board in the fourth inning and never looked back on his way to a five-RBI night.

"That's probably the best that we've seen him in a small sample to execute his game plan, his pitches, his tempo," Astros manager A.J. Hinch said when asked about Tanaka. "Just about everything was working for him. We couldn't create a ton of traffic for him... He was just really, really good tonight."

His side certainly wasn't the first to be stymied by Tanaka in the postseason. Following Saturday night's gem, Tanaka is now 5-2 in the postseason with a 1.32 ERA and 0.73 WHIP in 41 innings of work.

That's one of the best stat lines we've seen over the past 100 years when it comes to the

postseason.

Since the end of the Deadball era (1920), Sandy Koufax and Christy Mathewson are the only pitchers with at least 40 innings of postseason work to have a better ERA than Tanaka's.

Just think of some of the best postseason pitchers over the past 30 years: Madison Bumgarner, John Smoltz, Andy Pettitte, Curt Schilling. Tanaka's numbers are far superior — albeit in a smaller sample size.

He's bound to get that innings-pitched number up some more this postseason, though. With must-win games on the immediate horizon, Tanaka is going to be a go-to guy for Boone as the stakes get higher.

FOR ALCS GAME 2 COVERAGE



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Jets upset Cowboys in Darnold's return under center

It looks like all the Jets needed was their starting quarterback, after all.

The return of Sam Darnold breathed new life into Gang Green, who upset the Dallas Cowboys for their first victory of the 2019 season, 24-22.

Holding a 24-16 lead with 3:23 left in the game, the Jets committed four flags on the Cowboys' final drive — three pass interference calls and one illegal contact penalty — which led to a four-yard touchdown scramble from quarterback Dak Prescott to bring the visitors to within two.

But ensuing two-point conversion, which was a pass intended for Jason Witten, fell incomplete to preserve Adam Gase's first

victory as Jets head coach.

And what a relief it was for Gang Green, who was inches away from blowing a 21-3 first-half lead.

After recording just two offensive touchdowns and 17 total offensive points through their first four games of the season, a healthy Darnold showed that the Jets do, in fact, have an NFL-caliber offense.

The second-year passer completed 23-of-32 attempts for 338 yards, two touchdowns, and an interception on Sunday. It was just enough to outduel the Cowboys' two-headed monster.

Darnold didn't need nearly as much time on the Jets' second score of the game with 3:34 left in the half when he hit Robby Anderson with a 92-yard strike on the first and only play of the drive. It was the second-longest offensive touchdown in franchise history and a reminder that with the proper quarterback under center, the speedy Anderson can be a major threat

who posted 105 yards and a score.

Darnold and the Jets put together a monster first half by their standards — more specifically a big three minutes toward the end of the second quarter — as they scored more offensive touchdowns in 30 minutes against the Cowboys as they had all season.

They spun together a lengthy 14-play, 83-yard drive with their second possession which was capped off by a Le'Veon Bell two-yard touchdown rush.

Darnold didn't need nearly as much time on the outside. Just three minutes later, the Jets made it 21-21 hit tight end Ryan Griffin for a five-yard touchdown on a 65-yard drive that took just 1:33.

Coordinator Gregg Williams and the Jets de-



Sam Darnold led the Jets to their first win of the season on Sunday. GETTY IMAGES

the second before booming home a 62-yarder as time expired in the half.

After Maher's third field goal of the evening, Darnold's first mistake of the game left the door open for the Cowboys to continue chipping away at the deficit.

At Dallas' 11-yard-line, Darnold's pass zipped over the head of Jamison Crowder and was picked off by Jourdan Lewis. The Cowboys drove to the New York 22-yard-line, but Maher missed the 40-yard field goal attempt.

The Cowboys would come right back on their next possession and put points on the board when Elliott rumbled in from five yards out to make it a 21-16 game with 6:30 to go.

Darnold did just enough to keep the Jets' lead intact, going 57 yards in just over three minutes to get a 38-yard Sam Ficken field goal to get New York back up eight.

JOE PANTORNO



Leonard Williams garnering trade interest ahead of Jets' intriguing deadline

First-year GM Joe Douglas is expected to be aggressive on the trade market this month.



JOE PANTORNO
joseph.pantorno@metro.us

With the Jets going nowhere and the NFL's Oct. 29 trade deadline approaching, Adam Gase's side is facing another pseudo-rebuild after an offseason that offered the promise of a step toward contention.

Per ESPN's Adam Schefter, multiple teams are keeping an eye on defensive end Leonard Williams — who could offer a solid return for a Jets team that is still full of holes.

The No. 6 pick of the 2015 draft is coming off a bounceback campaign



Leonard Williams could be shipped out of town before the end of October. GETTY IMAGES

last year in which he posted five sacks and 42 combined tackles. He had just two sacks in 2017 after a seven-sack 2016.

Williams did not record a sack in four

games this season, but his 88 quarterback hits (not sacks) were tied for eighth-most in the NFL dating back to 2015.

SNY's Ralph Vacchiano added that the Jets are "expected to be ac-

tive sellers" at the deadline as general manager Joe Douglas begins to build the roster in his vision after taking over for the team in June — after a free-agency period and draft that was led by former GM Mike Maccagnan.

Maccagnan's team looked lost for the first five weeks of the season before their impressive Week 6 effort against the Dallas Cowboys on Sunday — which was the first time since Week 1 that they had franchise quarterback Sam Darnold under center after a bout with mononucleosis.

The second-year passer's absence exposed just how much more work Jets management has to do as a sputtering offense has been completely invisible over the first quarter of the season.

New York's offense had scored just 17 total points in four games

before Sunday afternoon's clash with Dallas. Darnold accounted for eight of those in Week 1 against the Buffalo Bills.

Mostly with third-string quarterback Luke Falk, Gase's offense was nothing short of inept as they lacked any sort of

venom behind an offensive line that resembled a sieve more than anything. Their best chance at success was getting the ball to All-Pro running back Le'Veon Bell, who was left on an island to make plays on his own.

The playmakers outside of Bell had also lacking. Jamison Crowder showed flashes of being a reliable slot receiver, but Robby Anderson and Demaryius Thomas struggled to help on the outside. It made the absence of Quincy Enunwa, whose development has been decimated by injuries, felt that much more.

Trading players like Williams, offensive guard Kelechi Osemele, or cornerback Trumaine Johnson would get the Jets the draft capital needed to try and find those consistent play-

makers, but it would be an extended process.

Shuffling Islanders looking for right line combinations

Shuffling the deck hasn't solved the Islanders' problems yet, but it provided a step in the right direction over the weekend.

With a severely-changed lineup put together by head coach Barry Trotz, the Islanders snapped a two-game losing streak with a 3-2 shootout triumph over the Florida Panthers on Saturday night.

But the offense continues leaving plenty to be desired.

The Islanders are averaging less than three goals per game during the early portions of the 2019-20 season. Coming off a 5-2 loss to the Carolina Hurricanes on Friday night still fresh, Trotz opted to shake things up.

With Casey Cizikas out with a lower-body injury, Trotz moved Cal Clutterbuck up to the second line alongside Anthony Beauvillier and Brock Nelson.



Cizikas was seen in the press box on Saturday night wearing a walking boot.

Trotz also moved Josh Bailey down to the third line, as well as Michael Dal Colle, while Tom Kuhnhackl and Ross Johnston centered Leo Komarov on the fourth line.

"We had a meeting and said 'hey, we have to stay with it,'" Trotz said. "We didn't focus on the outcome. We just focused on the process."

The only line that stayed intact was the first unit of Anders Lee, Mathew Barzal, and Jor-

dan Eberle. Each player recorded a point on Saturday night, including a goal from Lee that tied the game up at one in the second period.

"That line was the only line that was really going for us [on Friday] and they were good again," Trotz said. "We got back Islander hockey, we had all our lines going."

New York will host the defending Stanley Cup champion St. Louis Blues on Monday afternoon before playing three of their next four games on the road.

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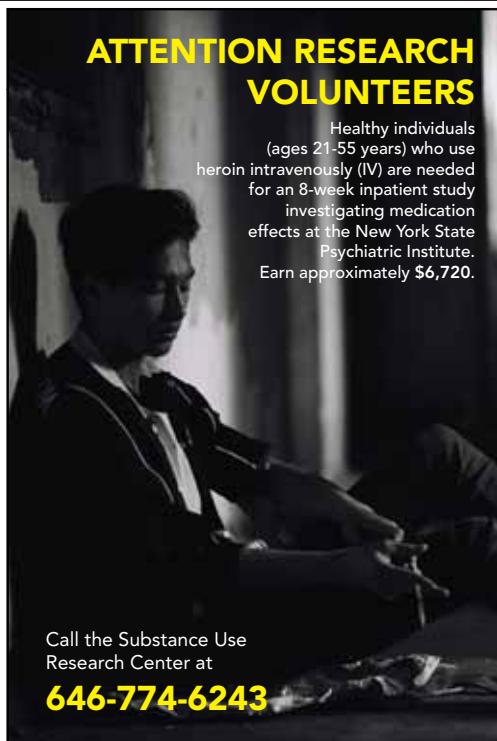
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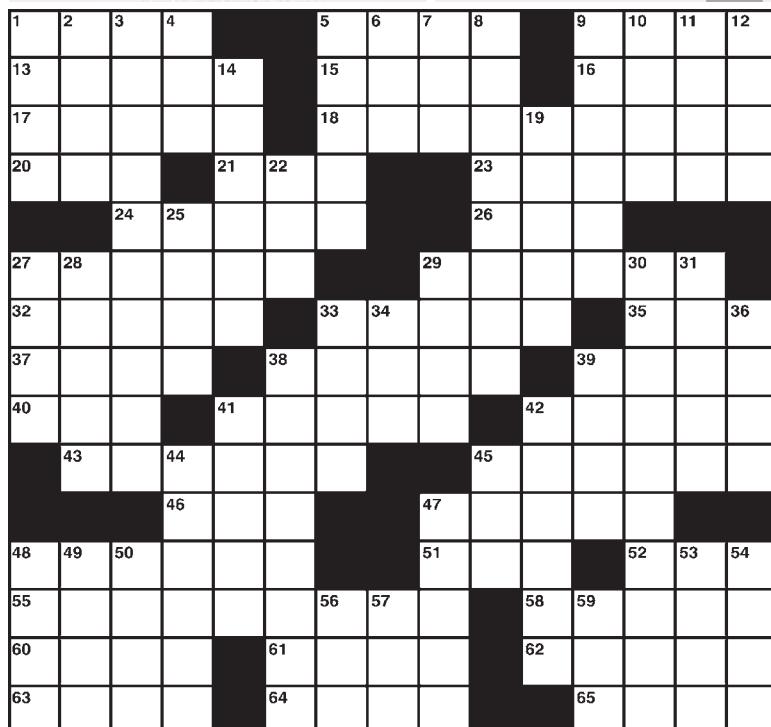
40 Hair bonnet
 41 Strong ties
 42 Terra-__; patio pot clay
 43 Male voices
 45 Pieces of dinnerware
 46 Breather's need
 47 Antlered animal
 48 Husband or wife
 51 Tenement bldg. unit
 52 Winnebagos & Air-streams, for short
 55 Friendly
 58 Usual practice
 60 Curved beam overhead
 61 "Who Wants ___ a Millionaire"
 62 Uneven
 63 Track-and-field event
 64 Takes to court
 65 Reason to study

DOWN

1 Stick around
 2 Book leaf
 3 Try the patience of
 4 Nintendo video game console
 5 Boulders
 6 "___ Lazy River"
 7 ABC followers
 8 Invigorate

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 Arkadium

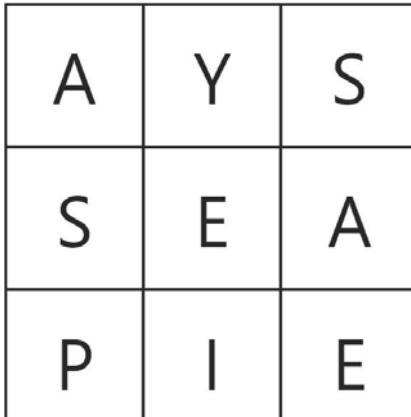
Check your answers
 at metro.us/games



BY TCA

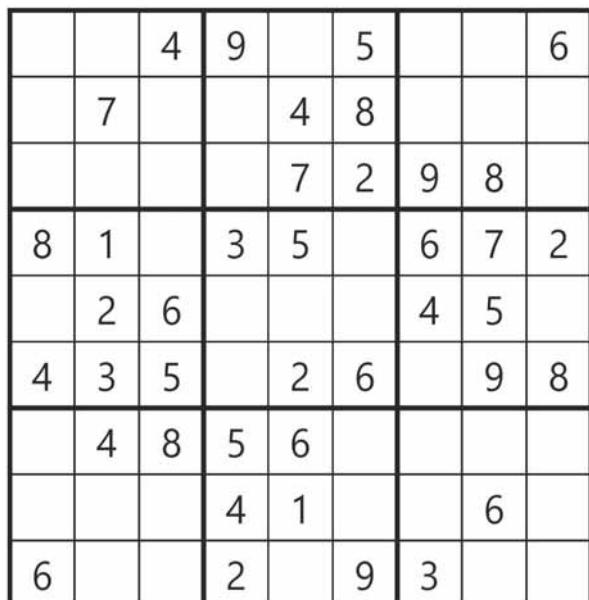
metro.us/wander

Category: Phrase



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku



Yesterday's Answers					
S	P	Y	A	S	S
D	A	R	P	H	O
O	V	E	U	N	M
S	E	A	D	A	N
R	A	I	A	N	D
B	R	E	L	S	L
A	D	M	S	P	R
W	I	N	S	B	O
L	O	G	G	R	W
S	E	C	R	A	N
H	E	R	E	T	E
A	G	R	C	R	A
J	O	U	N	N	A
A	N	D	Y	P	A
R	E	E	Y	A	S

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